If you ask Patricia Edwards, a nurse practitioner in the Lab’s Occupational Medicine Clinic, why it’s important to give blood, she would quickly reply with a list of good reasons.

“I read that in the United States, patients with certain medical conditions can wait as long as three years for a blood transfusion. I also read that only 12 percent of the blood collected at the Lab is actually used by our own patients, the majority of it is donated to the hospital system in the area.”

And an added benefit, Edwards explains that when you donate blood you get a mini-physical because the screening will include having your temperature, heart rate, blood pressure, and iron level checked. “There is no health risk to donating, and your body will replenish your blood within four to five days.”

Edwards has been a registered nurse for many years. In addition to her job here at the Lab, she also works for the Northport Veterans Affairs Medical Center. “It is regular for patients who require blood transfusions for trauma, surgical, or other treatment purposes. So, I know first-hand how important it is to be sure we have a sufficient blood supply readily available.”

As an added benefit, Edwards explains that when you donate blood you get a mini-physical because the screening will include having your temperature, heat rate, blood pressure, and iron level checked. “There is no health risk to donating, and your body will replenish your blood within 48 hours,” noted Edwards. For men, there can a life-saving benefit to donating blood. Men are at higher risk for homo-chromatosis or “iron overload,” a potentially deadly problem where too much iron builds up in the blood. This can lead to heart disease and other health problems. Research shows men give blood three times a year they can reduce the risk of coronary artery disease, and other health problems.

Suresh Srivastava, who heads the Radiopharmaceutical Research Division (RRRD) in the Medical Department, has won a Society of Radiopharmaceutical Sciences Lifetime Achievement Award. Srivastava received the award at the International Symposium on Technetium and Other Radionuclides in Chemistry and Medicine, held September 8-11, 2010, in Bressanone, Italy. At the banquet, he was also honored with the University of Padova’s Gold Medal in recognition of his continued advancements in basic sciences in nuclear medicine.

“Toward Catalyst Design From Theoretical Calculations” includes the development and pre-clinical and clinical testing of the radioactive metal tin-117m as a pharmaceutical that can provide pain relief and treatment for cancer patients with bone metastases. This metal also serves as an agent for the imaging and treatment of coronary artery disease. Srivastava also is involved in developing radiolabeled monoclonal antibodies and viral vector systems for the imaging and therapy of cancer. In addition, he is investigating the use of positron-labeled stem cells for the imaging of their trafficking and biodistribution.

“Toward Catalyst Design From Theoretical Calculations” includes the development and pre-clinical and clinical testing of the radioactive metal tin-117m as a pharmaceutical that can provide pain relief and treatment for cancer patients with bone metastases. This metal also serves as an agent for the imaging and treatment of coronary artery disease. Srivastava also is involved in developing radiolabeled monoclonal antibodies and viral vector systems for the imaging and therapy of cancer. In addition, he is investigating the use of positron-labeled stem cells for the imaging of their trafficking and biodistribution.
**Remembering Pavel Rehak**

Pavel Rehak, a long-time member of BNL’s Upper Brookhaven community, passed away on September 29, 2010. He was a true Brooklynite and a beloved member of the community he loved and contributed so much to. Rehak was a dedicated and active part of the community, participating in various events and initiatives. He was a quiet and humble man, who never sought the limelight, but always gave of himself to help others. He was a true example of how one can make a positive impact on the world around them.

Rehak was a member of the BNL Playgroup, the Brookhaven Center of Brookhaven, and the BNL Center for Bioinformatics. He was also a member of the Brookhaven Center for Dance, the BNL Center for Music, and the BNL Center for the Arts. Rehak was known for his generosity and his willingness to help others. He was a true example of how one can make a positive impact on the world around them.

Rehak was a true Brooklynite and a beloved member of the community he loved and contributed so much to. He was a quiet and humble man, who never sought the limelight, but always gave of himself to help others. He was a true example of how one can make a positive impact on the world around them.

Rehak was a member of the BNL Playgroup, the Brookhaven Center of Brookhaven, and the BNL Center for Bioinformatics. He was also a member of the Brookhaven Center for Dance, the BNL Center for Music, and the BNL Center for the Arts. Rehak was known for his generosity and his willingness to help others. He was a true example of how one can make a positive impact on the world around them.

Rehak was a true Brooklynite and a beloved member of the community he loved and contributed so much to. He was a quiet and humble man, who never sought the limelight, but always gave of himself to help others. He was a true example of how one can make a positive impact on the world around them.

Rehak was a member of the BNL Playgroup, the Brookhaven Center of Brookhaven, and the BNL Center for Bioinformatics. He was also a member of the Brookhaven Center for Dance, the BNL Center for Music, and the BNL Center for the Arts. Rehak was known for his generosity and his willingness to help others. He was a true example of how one can make a positive impact on the world around them.

Rehak was a true Brooklynite and a beloved member of the community he loved and contributed so much to. He was a quiet and humble man, who never sought the limelight, but always gave of himself to help others. He was a true example of how one can make a positive impact on the world around them.

Rehak was a member of the BNL Playgroup, the Brookhaven Center of Brookhaven, and the BNL Center for Bioinformatics. He was also a member of the Brookhaven Center for Dance, the BNL Center for Music, and the BNL Center for the Arts. Rehak was known for his generosity and his willingness to help others. He was a true example of how one can make a positive impact on the world around them.

Rehak was a true Brooklynite and a beloved member of the community he loved and contributed so much to. He was a quiet and humble man, who never sought the limelight, but always gave of himself to help others. He was a true example of how one can make a positive impact on the world around them.

Rehak was a member of the BNL Playgroup, the Brookhaven Center of Brookhaven, and the BNL Center for Bioinformatics. He was also a member of the Brookhaven Center for Dance, the BNL Center for Music, and the BNL Center for the Arts. Rehak was known for his generosity and his willingness to help others. He was a true example of how one can make a positive impact on the world around them.

Rehak was a true Brooklynite and a beloved member of the community he loved and contributed so much to. He was a quiet and humble man, who never sought the limelight, but always gave of himself to help others. He was a true example of how one can make a positive impact on the world around them.

Rehak was a member of the BNL Playgroup, the Brookhaven Center of Brookhaven, and the BNL Center for Bioinformatics. He was also a member of the Brookhaven Center for Dance, the BNL Center for Music, and the BNL Center for the Arts. Rehak was known for his generosity and his willingness to help others. He was a true example of how one can make a positive impact on the world around them.

Rehak was a true Brooklynite and a beloved member of the community he loved and contributed so much to. He was a quiet and humble man, who never sought the limelight, but always gave of himself to help others. He was a true example of how one can make a positive impact on the world around them.

Rehak was a member of the BNL Playgroup, the Brookhaven Center of Brookhaven, and the BNL Center for Bioinformatics. He was also a member of the Brookhaven Center for Dance, the BNL Center for Music, and the BNL Center for the Arts. Rehak was known for his generosity and his willingness to help others. He was a true example of how one can make a positive impact on the world around them.

Rehak was a true Brooklynite and a beloved member of the community he loved and contributed so much to. He was a quiet and humble man, who never sought the limelight, but always gave of himself to help others. He was a true example of how one can make a positive impact on the world around them.

Rehak was a member of the BNL Playgroup, the Brookhaven Center of Brookhaven, and the BNL Center for Bioinformatics. He was also a member of the Brookhaven Center for Dance, the BNL Center for Music, and the BNL Center for the Arts. Rehak was known for his generosity and his willingness to help others. He was a true example of how one can make a positive impact on the world around them.
BNI was selected as an honor-
able mention recipient of the 2010 Small Business Leadership Awards for
Business Excellence in Work-
place flexibility on Long Island.

The peer-nominated employers who successfully use
workplace flexibility to meet both organizational and
employee goals.

Dennie DiMeglio, Benefits
Manager in Human Resources,
accepted the award on behalf of the Lab from the local award sponsors,
the National Association of
Mothers’ Centers, at the 15th Annual Work/Life Confer-
ence hosted by the Women's Ho-
ter Club in Woodbury, Long Island, on November 5.

Eight companies were BNI Award
winners this year, and BNI was one of an additional
three Long Island businesses that received honorable mention.

This is the second consecutive year
that the Laboratory has won a BNI Award.

“BNI recognizes the impor-
tance of promoting work-from-
home life, and we offer benefits and
flexible work options to our staff
that enable them to fulfill their responsibilities in both areas,”
DiMeglio said. “We are open to ideas for improving workplace
policies to meet employees’ needs while sustaining productivity.”

Flexible schedules and
telecommuting options are available to Lab employees with supervisory approval. Ad-
ditional programs to support
and encourage a balance of work
and family include an on-site Child Development Center that provides
care for infants and preschool children of
employees, and an on-site summer
camp is open to children in the
BNI community.

Employee benefits include
an adoption assistance program
for on-site employee assistance
program, wellness programs, a scholarship program for em-
ployees’ children, a tuition as-
sistance program for employees, and discounts on on-site recreation
programs, including on-site
exercise facilities, tennis courts, and an Olympic-sized swim-
mimg pool.

Particularly important during
the last few years of the reces-
sion have been BNI’s offering on-site free financial counsel-
ing and retirement planning
by qualified financial advisors, financial help for employees
who are first-time home buyers, and on-the-job opportunities to help
employees in the community,
including giving to the United
Way, a food drive, or a pets drive.

School visits for blood drives,
a toy drive, and the Adopt-a-Pleasogram
program.

The BNI Award winners are
spon-
ored by the When Work Works
project, an initiative of the Employee Assistance Program, a
nonprofit, nonpartisan research organization that studies the
changing workplace, family and community; the Institute for
a Competitive Workforce,
and the Chamber of Commerce; and the Twiga Foundation,
which promotes a hope and
faith culture at home, in the workplace and in the community.

Applicants for the awards were evaluated in a rigorous
two-step process, first compar-
ing the employer’s application to nationally representative data
from the Families and Work
Laboratory National Study of Em-
ployers. If the applicant places
in the top 20 percent — or among eight of the 10 best employers nationally — the
in-
stitute proceeds to the next step, and asks to coordi-
nate the employer responses.

— Diane Greenberg

Website Helps Ill Friends, Family Keep in Touch

Nancy Losinno, Employee Assistance Program Manager, has re-
cently found a free website, http://www.caringbridge.org/, that
may be helpful for kin caregivers with family or friends who
must be present during difficult health problems, perhaps in the hospi-
tal. Similar to Facebook, for those who have children or who have
their own Facebook pages, this website allows for daily “updates”
to keep a patient’s family and friends informed via the web, or to let the hospitalized per-
on update their own status via a laptop in order to stay connected and
avoid isolation.

Weight Room Fees Due January 2011

Westhampton Beach — For
January 1, 2011, all membership fees are due for renewal for the coming
year. All current members must renew their membership by Janu-
ary 31, 2011, to avoid suspension and removal from the list for non-payment.

Please mail your check for $25 made payable to BERA BBC, to Joanne Rula, Bldg. 400A. Include your name, life number and
e-mail address for weight room

For your convenience, there will be sign-up in the gym between
noon and 1 p.m. on Tuesday and Wednesday, January 11 and 12,
and on Thursday and Friday, January 27 and 28 for employees and
family members (new or renewals).

Defensive Driving Course: Two Parts, 12/13 & 16

The next six-hour Defensive Driving (Point & Insurance Reduc-
ction) course will be held in two parts on Monday and Thursday,
December 13, in Berkner Hall Room B, and on Thursday, January 20,
in the Brookhaven Center South Room, from 6 to 9:15 p.m. The course
is open to BNL, BSA, and DOE employees, family users, and
other family members.

To benefit the United Way.

BERA Events: (More at www.bnlnet.gov/bera/)

Food, Toy Drives: Put canned goods, unwrapped new toys in the
marked bins in Bldg. 400 lobby. Cash/checks welcome. Ext. 5090.

Food Drive: by Sesiakay Ballet at the Berkner Center Wed. and Fri., 12/19, 12/21, $2 per person, adult or child, (normally $3/$2).

Cake & Cookies With Santa: Mon., 12/13, 7 p.m., Rec Hall (Bldg. 317). Family members get tickets at the Recreation Office in advance.

2011 Virtual Swim to Belize

In January 2011, the BNI Swim Club will hold its 5th Virtual Swim
Event. We are inviting swimmers to start, and participate in the fun
at the BNI pool. This social event continues the very success-
ful series, beginning in 2007 with the “Virtual Swim around Long
Island,” covering 248 miles. In 2008 “Swimming to the Bahamas” covered
1,500 miles. The “Gulf of Mexico swim” of 2009 covered
1,800 miles to Matamoras, Mexico. In 2010, a detour was taken
to own the Dakar Race. Distance of over 5,000 miles, in memory of
swim club member and friend Pavel Rzehak.

So far, our swimmers have completed over 2,000 miles in these
events, and a magnificent record! Another real benefit is that they
have burned a number of calories that translates into a weight loss
of 500 pounds. We invite you to join in the fun, starting in Janu-
ary and continuing until the end of March. To enroll, sign up with
the lifeguards beginning in January.

Lifeguard Training Early next year, BERA will offer
American Red Cross Lifeguard course teaching the life-

guarding, beach life guard,
CPA for the professional beach
lifeguard, and the American
defibrillator (AED) usage, and
first aid. A mandatory swimming
pre-test will be held on Saturday, January 8, 5–7 p.m. or Sunday,
January 9, 10 a.m. – 1 p.m. for more details, please see p. 5 of the
12/3 Bulletin or call 921-6218.

Calendar

December 10, 2010

Science Gifts Sale Noon-3 p.m., Bldg. 935. The Sci-
ence Learning Center will sell science-based gifts for all ages.

— WEEK OF 12/13 —

Monday, 12/13

Defensive Driving (Part 1) 6-9:15 p.m. Rec Hall, Room B. See notice below, left.

Wednesday, 12/15

*BSA Noon Recital

12:00-1:00 p.m. Berkner Hall Lobby:
Rising gifts to be wrapped, to benefit the United Way.

*Brookhaven Lecture

4 p.m. Berkner Hall, Ping Liu, Chemistry Department, will talk on “Towards Catalyst De-
sign From First Principles.” In a free public event. Visitors to the Lab must carry a photo ID. See p.1.

Thursday, 12/16

Books Are Fun Book Fair 10 a.m. – 2 p.m. Berkner Hall Lobby:
Children’s books, best sellers, music, stationary, discounts.

Gift Wrapping 11 a.m. – 2 p.m. Berkner Hall Lobby:
Rising gifts to be wrapped, to benefit the United Way.

Bake Sale

Noon-3 p.m. Bldg. 400 lobby. To benefit the United Way.

*Defensive Driving (Part 1) 6-9:15 p.m. Phvasean Center, Room S. See notice below, left.

Friday, 12/17

*Science Gifts Sale Noon-3 p.m., Bldg. 935. The Sci-
ence Learning Center will sell science-based gifts for all ages.

Saturday, 12/18

*Children’s Swim & Pizza Carnival 11 a.m. – 1 p.m. Lab Swimming Pool. To benefit the United
Way, a food drive, a pet supplies

To benefit the United Way.

*Defensive Driving (Part 1) 6-9:15 p.m. Phvasean Center, Room S. See notice below, left.

Monday, 12/27

EWB Meeting 6 p.m. Centurian Knights of Columbus Hall, 625 Flood St., Centereach. A meeting for
shift workers will be held at 3
p.m. in the union office. The
agenda includes business
issues, committee reports, and
the president’s report.

*WEBSITE OF 12/20 —

Thursday, 12/23

Half Holiday for Christmas Eve The Lab is closed on Thursday, 12/23, at 3:30 p.m. in observance of the Christmas
Day holiday.

Friday, 12/24

Lab Holiday for Christmas Day The Lab is closed this day in observance of the Christmas Day holiday. No Bulletins will be published.

*BSA Noon Recital

Monday, 12/27

11:00-12:00 noon. Berkner Hall, Rec Hall, Berkner Hall Lobby.

*Defensive Driving (Part 1) 6-9:15 p.m. Phvasean Center, Room S. See notice below, left.
Guitarist David Starin will perform on Wednesday, December 2, at 6:30 p.m. in the Stavros Haskopoulos Auditorium of the Brooks Hall. Sponsored by Brookhaven Science Associates, the concert is free and open to the public. The concert will feature studies with the Puerto Rican guitarist Manuel Gayo. 

By Staff

2004 Starin chaired the guitar department at the Manhattan School of Music, where he currently serves as chief academic officer and executive producer earned him five American Preludes in rag time, and two Latin American rags. 

At the Lab, Starin will perform original works for guitar, ranging from Elsle by Sor to contemporary works in rag and blues idioms.

Guitarist David Starin, 12/15

In Appreciation

I would like to say thank you to all those that came to my retirement and those that could not make it but they were just as much appreciated.

---

Roger Lee Schidlo